

For Immediate Release:

January 2, 2013

Cold Weather Advisory: Low Temperatures Expected in Parts of Los Angeles County

LOS ANGELES – The County Health Officer is issuing a Cold Weather Advisory for the Lancaster, Santa Clarita Valley and Mount Wilson areas due to the National Weather Service's forecast for low temperatures tonight and lasting through Sunday, January 6. Wind chill temperatures are expected to be in the 20s and 30s for Santa Clarita Valley and Mount Wilson areas, and in the 10s and 20s for Lancaster.

"We also want to remind people not to use stoves, barbeques or ovens to heat their homes due to the risk of carbon monoxide poisoning," said Jonathan E. Fielding, M.D., M.P.H., Director of Public Health and Health Officer. "There are places where people can go to stay warm, such as shelters or other public facilities. Children and the elderly are especially vulnerable during such cold snaps, care should be taken to ensure they don't get too cold when they are outside."

A Winter Shelter Program is available for seniors and those looking for a place to stay warm. Locations and transportation information can be found on the Los Angeles Homeless Services Authority's website at: http://www.lahsa.org/winter_shelter_program.asp, or by calling the LA County Information line at 2-1-1 from any landline or cell phone. For the deaf and hard of hearing, please call the TDD line at 1-800-660-4026.

Take precautions to protect yourself from the cold:

- Dress in layers of warm clothing if you plan to be outdoors.
- Protect extremities from the cold by wearing a hat, scarf, gloves, and socks.
- Offer to help those in your neighborhood with limited access to heat, such as seniors or those who are ill. Check on them frequently.
- During peak cold times, if you don't have a heater in your home, visit indoor public facilities such as shopping malls, libraries or senior centers.
- If you use an outdoor generator at home, place it at least 10 feet away from all doors and windows.
- Stoves, barbeques and ovens can produce a deadly gas known as carbon monoxide when used to heat a home. Never use these appliances in place of approved heaters such as electric, natural gas, or fireplaces.
- Install a carbon monoxide detector in your home to reduce the risk of poisoning.
- If you have pets, bring them indoors and do not leave them outside overnight.

Symptoms of carbon monoxide poisoning include shortness of breath, headaches, muscle and joint pain, and nausea. Exposure to high levels of carbon monoxide could lead to death within minutes. Those suffering from carbon monoxide poisoning should be taken outside, into fresh air, immediately, and should be taken to an emergency room for immediate medical treatment.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community

partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: LAPublicHealth.